

# MAIN POOL TIMETABLE (2 September – 22 December 2019)

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
MONDAY	1	Open Swimming Session Members and Public 07:00–21:00																										Octopush 21:00–22:00		MONDAY				
	2																											Pool Closed						
	3																																	
	4	Members Only 06:00–07:00																																
	5																																	
	6	UYSWC 07:00–08:30		Aqua 9:00–10:00				Swimming Lessons 13:00–15:00						Swimming Lessons 16:00–19:30						TYS Swim Squad 19:30–21:00														
	7																																	
	8	York Triathlon 06:00–08:00																																
TUESDAY	1	Open Swimming Session Members and Public 07:00–20:00																											Octopush 21:00–22:00		TUESDAY			
	2																											Pool Closed						
	3																																	
	4	Members Only 06:00–07:00																																
	5																																	
	6																																	
	7	Staff Training		Swimming Lessons 13:00–15:00						TYS Swim Squad 16:00–18:00				Open Swimming Members and Public 18:00–20:00				York Triathlon 20:00–21:00																
	8																																	
WEDNESDAY	1	Open Swimming Session Members and Public 07:00–12:45																											Octopush 21:00–22:00		WEDNESDAY			
	2																											Pool Closed						
	3																																	
	4	Members Only 06:00–07:00																																
	5																																	
	6	UYSWC 07:00–08:30		Aqua 8:45–09:30				UYSWC Water Polo 12:45–14:15				Open Swimming Session Members and Public 14:30–22:00				Swimming Lessons 16:00–19:00				Junior Tri 19:00–20:00														
	7																																	
	8	York Triathlon 06:00–08:00																																
THURSDAY	1	Open Swimming Session Members and Public 07:00–22:00																											THURSDAY					
	2																											Pool Closed						
	3																																	
	4	Members Only 06:00–07:00																																
	5																																	
	6	YUSU TRI 07:00–08:30		Swimming Lessons 13:00–15:00						Swimming Lessons 16:00–18:15				TYS Swim Squad 18:15–19:45																				
	7																																	
	8																																	
FRIDAY	1	Open Swimming Session Members and Public 07:00–21:00																											Members Only 19:00–21:00		FRIDAY			
	2																											Pool Closed						
	3																																	
	4	Members Only 06:00–07:00																																
	5																																	
	6	UYSWC 07:00–08:30		Aqua 9:15–10:00				Swimming Lessons 13:00–15:00						Swimming Lessons 16:00–19:30				UYSWC 19:00–21:00																
	7																																	
	8	York Triathlon 06:00–08:00																																
SATURDAY	1	Open Swimming Session Members and Public 08:30–17:30																											Open Swimming Session Members and Public 19:00–20:30		SATURDAY			
	2																											Pool Closed						
	3																																	
	4	Members Only 07:00–08:30																																
	5																																	
	6	UYSWC 07:00–08:30		Swimming Lessons 08:30–12:15						Parties 16:00–17:00				UYSWC Water Polo 17:30–19:00																				
	7																																	
	8																																	
SUNDAY	1	Open Swimming Session Members and Public 08:30–20:30																											SUNDAY					
	2																											Pool Closed						
	3																																	
	4	Members Only 07:00–08:30																																
	5																																	
	6																																	
	7	UYSWC 07:00–08:30		Parties 16:00–17:00																														
	8																																	

# SMALL POOL TIMETABLE (2 September – 22 December 2019)

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
MON	1	Pool Closed						Open Swimming Members and Public 09:00–13:00	Swimming Lessons 10:00–12:00				Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed			Open Swimming Members and Public 21:00–22:00	MON								
	2	Pool Closed						Swimming Lessons 09:00–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed	Open Swimming Members and Public 20:00–22:00											
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–12:45	Pool Closed 12:45–14:30		Open Swimming Members and Public 14:30–16:00		Swimming Lessons 16:00–20:00				Pool Closed													
TUE	1	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			TUE								
	2	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed											
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed											
WED	1	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed			WED									
	2	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed												
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed												
THU	1	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed			THU								
	2	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed											
	3	Pool Closed						Swimming Lessons 09:30–12:00				Open Swimming Members and Public 09:00–13:00	Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Open Swimming Members and Public 19:00–20:00	Pool Closed											
FRI	1	Pool Closed						Open Swimming Members and Public 09:00–13:00	Swimming Lessons 10:00–12:00				Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed			FRI									
	2	Pool Closed						Open Swimming Members and Public 09:00–13:00	Swimming Lessons 10:00–12:00				Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed												
	3	Pool Closed						Open Swimming Members and Public 09:00–13:00	Swimming Lessons 10:00–12:00				Swimming Lessons 13:00–15:00				Open Swimming Members and Public 15:00–16:00	Swimming Lessons 16:00–19:10				Pool Closed												
SAT	1	Pool Closed						Swimming Lessons 08:30–12:10				Open Swimming Members and Public 12:10–16:00				Parties 16:00–17:00		Pool Closed	Open Swimming Members and Public 18:00–19:00		Pool Closed			SAT										
	2	Pool Closed						Swimming Lessons 08:30–12:10				Open Swimming Members and Public 12:10–16:00				Parties 16:00–17:00		Pool Closed	Open Swimming Members and Public 18:00–19:00		Pool Closed													
	3	Pool Closed						Swimming Lessons 08:30–12:10				Open Swimming Members and Public 12:10–16:00				Parties 16:00–17:00		Pool Closed	Open Swimming Members and Public 18:00–19:00		Pool Closed													
SUN	1	Pool Closed						Open Swimming Members and Public 09:00–16:00										Parties 16:00–17:00		Pool Closed										SUN				
	2	Pool Closed						Open Swimming Members and Public 09:00–16:00										Parties 16:00–17:00		Pool Closed														
	3	Pool Closed						Open Swimming Members and Public 09:00–16:00										Parties 16:00–17:00		Pool Closed														

## Pool Information

Eight-lane 25m main pool has a depth of 1.2m through to 2m.  
Temperature around 29°C.

18m small pool has a depth of 0.8m through to 1.2m.  
Temperature around 30°C.

All users must abide by Pool Rules as displayed in changing areas.

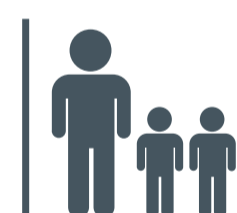
\*Times and sessions are subject to change due to University and local school term dates, please check the York Sport website for up-to-date programmes.

Please enquire at reception for information regarding bank holiday opening hours, or visit [york-sport.com](http://york-sport.com) for timetable changes.

Swimming with children?  
Adult to child ratio:



1 adult and  
1 child 3 years  
or under



1 adult and  
2 children  
aged 4-7 years



8+  
years

Term dates – 2019/20

30 September 2019 – 6 December 2019

6 January 2020 – 13 March 2020

14 April 2020 – 19 June 2020

For changes to the timetables please visit  
[www.york-sport.com/timechanges](http://www.york-sport.com/timechanges)



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